



Fall Edition, September – December 2015

Young at Heart Senior Center Newsletter - Fall 2015



Please visit our website at

<http://www.fairfaxva.gov/ParksRec>

Four ways to register for classes

1. **ONLINE:** www.fairfaxva.gov/ParksRec,
24 hours a day.
2. **WALK-IN:** Come to the
City Hall Office, Stacy C. Sherwood Community
Center or Green Acres Center:
8:30am–5 pm, Monday – Friday.
3. **MAIL-IN:** Signed and completed registration
forms mailed to:
City of Fairfax Parks and Recreation,
10455 Armstrong St., Fairfax, VA 22030.
4. **FAX-IN:** Signed and completed registration
forms must be faxed to:
703-246-6321

Payment Method Accepted

American Express, Discover, MasterCard or Visa
Make checks payable to: City of Fairfax.

Payment must be made at the time of
registration. Assumption of Risk
Waiver, found on registration form, must be
signed by all participants at time of registration.

General Information

Welcome

The City of Fairfax Senior Center invites you to join the
Young at Heart Senior Center for “Amazing Experiences!”

The City of Fairfax’s Senior Center is a recreational center with numerous and varied activities for all adults 55 years and older. A registration form is required before participating in any activities. We ask that you scan your membership card upon entering the building. *More membership information inside.*

We hope you get involved in the many senior center activities, free and fee-based classes, special events and trips during this wonderful autumn season.

The City of Fairfax Parks and Recreation Department is constantly striving to keep our gold medal standards and committed to our mission to: *Enrich the quality of life in the City of Fairfax and maintain the unique hometown character that makes the City a special place to live, work and play.*

Senior Center Location

Green Acres Center
4401 Sideburn Road
Fairfax, VA 22030
703-273-6090 TTY (711)

Hours of Operation:

Monday through Friday
8am to 5pm

Green Acres Senior Center Staff

Anne Chase, CPRP

Recreation Manager and Senior Center Manager

anne.chase@fairfaxva.gov

(703) 359-2487

Daniel Young

Assistant Senior Center Manager

daniel.young@fairfaxva.gov

(703) 385-3943

Jann Richards-Weltman

Recreation Assistant

jann.weltman@fairfaxva.gov

(703) 273-609

Kathy Carter and Jeremy Raynor
Senior Center Staff & Trip Chaperones

Rocio Vargas
Senior Center Assistant

Senior Center General Information

Young at Heart Membership Registration Information

City and Ffx County residents may become a member free of charge after completing a blue registration form. Nonresidents of the City of Fairfax or Fairfax County will be charged a membership fee of \$50 per year to join the Senior Center. An individual 55 years and over may also choose a guest membership for a daily drop-in fee of \$5.

Memberships are valid for a 12-month period and can be purchased during Senior Center hours:

Monday – Friday: 8:00am – 5:00pm.

Please stop by the Green Acres Front Desk to register and fill out the green registration form.

Updated Wavier Information to participate in programs

The City of Fairfax Parks and Recreation Department has updated the Waiver for participant use when taking part in any program - please take a moment to review.

Waiver for City of Fairfax Parks and Recreation Participant

In consideration of the registrant being granted permission by the City of Fairfax, Virginia to participate in this program and associated activities, I hereby release the City of Fairfax, Virginia and its officers, employees, agents, and volunteers from any and all liability relating to or arising out of the registrant's participation. I authorize the City of Fairfax and its officials, employees, agents and volunteers, at any such person's discretion to administer emergency first aid treatment and at my expense to obtain the services of a physician(s) and/or rescue squad and authorize the same to effect such treatment of the registrant as they deem advisable. Participants in activities sponsored or cosponsored by the Park and Recreation Department consent to the department's use of any photograph, in film or videotape of the activity in any marketing or promotional materials. I further understand that Parks and Recreation classes are to be enjoyed by all from youth through adults. Participants that continually disrupt the class and/or program experience for others will be asked to withdraw from the class and/or program with expectation of a refund, if applicable, for the balance of the class/and or program.

Class information can be viewed on the web pages below and listed in the *Leisure Times* magazine

<http://www.fairfaxva.gov/government/parks-recreation/senior-classes>

<http://www.fairfaxva.gov/government/parks-recreation/classes-and-programs#Online>

Offices and Senior Center will be Closed On observed 2015 Holidays:

1. Monday, September 7, 2015 – Labor Day
2. Wednesday, November 11, 2015 – Veterans Day
3. Thursday, November 26, 2015 – Thanksgiving Day
4. Friday, November 27, 2015 – Day after Thanksgiving
5. Thursday, December 24, 2015 – Christmas Eve (half day: closed at 12 noon)
6. Friday, December 25, 2015 – Christmas Day
7. Friday, January 1, 2016 – New Year's Day

Senior Center General Information

Senior Center Activities at Green Acres Center

These are ongoing activities that take place at the Senior Center. Mark your calendars so you can participate in the fun! More information on activities taking place at the Senior Center can be found on our website at www.fairfaxva.gov/parksRec or drop by for a current calendar.

Men's Morning Coffee Group

Every morning, Monday-Friday: 8am-10am:
Coffee, breakfast treats and lively conversation.

Bocce

May – September, Thursdays, 9am-11am:
Tournament-style play. Outdoor courts.

90's Club

For those in 10th decade, meet 4th Friday, 10am.

WWII Veterans Association

Meets quarterly. Call Bill Sheads: 703-323-9444.

Current Events Group

Every Tuesday, 1pm-3pm: Discuss the latest topics going on in our world.

Mah Jongg

Every Monday and Thursday, 10am-2pm:
Similar to Rummy, a game of skill, strategy and calculation involving a certain degree of chance.

Cut Coupons for Military Families: Fourth Friday at 9:30am.

Fairfax Antique Arts Association

Third Thursday monthly at 10am: Invites guest speakers to show and discuss their collections.

BUNCO

Every other Friday of the month at 10:30am:
Please check monthly calendar for dates.

Pinochle/Mexican Train/Canasta

Played daily throughout the week starting at 9:30am or 10am. Refer to monthly calendar.

Bridge Groups:

Beginning Bridge Play: Mondays and Fridays, 9:30-11:30am.

Contract/Duplicate: Mondays, 9:30am-12noon.

Advanced Contract: Thursdays, 9:30am-2pm.

Grand Slam: Mondays/Fridays, 9:30am-2pm.

NOVA Neighbors Bridge: First and third Mondays, 12noon-3pm.

Beginner Bridge Classes: Mon, 9/28-11/9: 9:30-11:30am. FREE classes with Registration at Front Desk

Military History with Keith Young

Every Tuesday, 10am-Noon: Covers military history beginning with the Revolutionary War to the present.

Library

Books loaned on Honor system: enjoy and return. We appreciate book donations published after year 2000.

Monthly Birthday Celebrations

First Fridays at 12 noon.

55+ Pickleball

Monday, Tuesday, Wednesday, and Thursday: 1pm - 3pm. A racquet sport which combines elements of badminton and table tennis. Fee lessons available.

"Fabric Fanatics" Sewing Group

Usually last Thursday each month, 10am-3pm:
A wonderful way to work on your own project or offer your help for a charitable cause. Refer to calendar.

WWII Veterans Association

Meets quarterly. Call Bill Sheads: 703-323-9444.

Millennium Art Guild

Every Thursday, 1pm- 4pm: Artists bring in their own art projects and supplies. All forms of art welcome. For information, call Shirley Statples: 703-218-3172.

BINGO

Every other Friday of the month at 10:30am:
Please check monthly calendar for dates. \$2/2cards.

Day at the Races

Every other Monday of the month, 10:30am:
Please check calendar for dates.

German Conversation

Thursdays from 10:30am-Noon: For interesting discussions, learning situations and fun! Beginners and friends of German culture are quite willkommen: Aufwiedersehen.....

Chess

Mondays at 12 noon in the library.




Day at the Races

Mondays, 10:30am. Twice a month. Check calendar.

CITY OF FAIRFAX SENIOR CENTER

September 2015

(703) 273-6090

Mon	Tue	Wed	Thu	Fri	Sat
<p>* All Potluck Luncheons and Guest Speakers require advanced registration at the Green Acres Center Front Desk or call 703-273-6090</p>	<p>1 8am: Men's Coffee Group 9:30am: Mexican Train 10am: Canasta 10am: Military History 1pm: Hospitality Committee Mtg. 1pm: Current Events 1pm-3pm: Pickleball</p>	<p>2 8am: Men's Coffee Group 10am: Pinochle TRIP: National Museum of Crime and Punishment 12noon: Chess 1pm-3pm: Pickleball 2:15: Come Sit Meditation -CX</p>	<p>3 8am: Men's Coffee Group 9am: Bocce – outside courts 9:30am: Adv. Contract Bridge 9:30am: Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am German Conversation 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild</p>	<p>4 8am: Men's Coffee Group 9:15/10:15am: Tai Chi :Adv./ Beg. 9:30am: Pinochle/Beg Bridge Play 10am: Grand Slam Bridge 10:30am: BUNCO 11:30am Labor Day Cookout Potluck & September Birthdays! 1pm: Trip Committee Meeting</p>	<p>5 September – October Trips published in early August with Registrations beginning Monday, August 17 at 8:30am on-site; 12 noon online and phone.</p>
<p>7 Labor Day Holiday: Center Closed </p>	<p>8 8am: Men's Coffee Group 8:30am: Seniorcise 10am: AARP Smart Driver Course 10am: Canasta / Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 3/4pm: Beg/Int Pickleball Lessons</p>	<p>9 8am: Men's Coffee Group 8:30am: Seniorcise 10am: AARP Smart Driver Course 10am: Pinochle 10am: MOVIE & POPCORN: 12noon: Chess 1pm-3pm: Pickleball 2pm: Learn Spanish – 7 wk</p>	<p>10 8am: Men's Coffee Group 9am: Bocce - outside courts 9:30am:Adv.Contract Bridge 9:30am: Pinochle / 10am: Mah Jongg 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee Mtg. 1pm-3pm: Pickleball 2:15pm: Sit & Get Fit 1pm-4pm: Millennium Art Guild</p>	<p>11 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/Beg Bridge Play 10am: Grand Slam Bridge 10:30am: BINGO 11:30am: Housing Options with Heidi Garvis, Senior Housing Consult. 12 noon: Refreshments 12noon: BP Checks-Ask A Nurse 1pm: Walking / 1:30pm: Euchre</p>	<p>12 Northern VA Senior Olympics Begins thru 9/23 </p>
<p>14 8am: Men's Coffee Group 9:30am: Beginning Bridge Play 9:30am: Contract/Duplicate Bridge 10am: Mah Jongg / Grand Slam 10:30am: DAY AT THE RACES 12 noon: NOVA Neighbors Bridge 12 noon: Chess 1pm-3pm: Pickleball</p>	<p>15 8am: Men's Coffee 8:30am:Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1 pm: Current Events 1-3pm: Pickleball 3/4pm: Beg/Int Pickleball Lessons</p>	<p>16 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 12noon: Chess 1pm-3pm: Pickleball 2pm: Learn Spanish</p>	<p>17 8am: Men's Coffee Group 9am: Bocce - outside courts 9:30am: Adv. Contract Bridge 9:30am: Pinochle / 10am: Mah Jongg 10am: Fairfax Antique Arts Assn. 10:30am: German Conversation 11:30am: Easy Strength Training 11:30am/11:45am: LUNCH BUNCH 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild</p>	<p>18 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/Beg Bridge Play 10am: NVSO Bocce (Rain 9/25) 10am: Grand Slam Bridge 10:30am: BUNCO 11am NVSO Horseshoes 12 noon: Bring Your Sandwich & Something to Share 1pm: Walking / 1:30pm: Euchre</p>	<p>19 Enjoy your last Weekend of Summer! TRIP: 8:30am Shenandoah Valley Apple Harvest Festival</p>
<p>21 AUTUMN EQUINOX – 10:29pm 8am: Men's Coffee Group 9:30am: Beginning Bridge Play 9:30am: Contract/Duplicate Bridge 10am: Mah Jongg / Grand Slam 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga</p>	<p>22 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events / Pickleball 2pm: Senior Council Meeting</p>	<p>23 Fall Prevention Awareness Day 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 12noon: Chess 1-3pm: Pickleball 2pm: Learn Spanish</p>	<p>24 CHARTER TRIP: Lewes Del 8am: Men's Coffee Group 9am: Bocce – last games of season 9:30am: Adv.Contract Bridge/Pinochle 10am: Fabric Fanatics / Mah Jongg 10:30am: German Conversation 11:30 Bocce Awards Lunch Party 1-3pm: Pickleball 1-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit – 6 wks</p>	<p>25 8am: Men's Coffee Group 8:30am: Seniorcise 9am-2pm: *HEALTH DAY!* 9:15/10:15am: Tai Chi: Adv./Beg 9:30am:Coupons Military/Bridge 10am:Grand Slam / Pinochle 10am:90s Club /10:30am: BINGO 12noon: Salad Luncheon 12noon: BP Checks-Ask A Nurse 1pm: Walking / 1:30pm: Euchre 5pm: Photo Contest Entries Due</p>	<p>26 Check out our website www.fairfaxva.gov Calendar subject to change updates will be posted on website and at senior center</p>
<p>28 8am: Men's Coffee Group 9:30am: Beginning Bridge Play 9:30am: Contract/Duplicate Bridge 9:30am: Beginner Bridge -6 wks 10am: Mah Jongg / Grand Slam 10:30am: DAY AT THE RACES 12 noon: Chess 1pm-3pm: Pickleball</p>	<p>29 8 am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1-3pm: Pickleball 3/4pm: Beg/Int Pickleball Lessons</p>	<p>30 8am: Men's Coffee Group 8:30am: Seniorcise TRIP: Arena Stage (Destiny of Desire) 10am: Pinochle 12noon: Chess 1pm-3pm: Pickleball 2pm: Learn Spanish</p>		 Fitness Room Open Mon-Thu 8am-9pm, Fri 9am-5pm Sat & Sun 9am-2pm FREE for 55+ with card	<p>.Personal Fitness Training Fees: ½ hr session \$20 1 hr session \$40 <u>Call for an Appointment:</u> David Cohen, ACE CPR, AHFS 703-638-0172</p>

CITY OF FAIRFAX SENIOR CENTER

October 2015

(703) 273-6090

Mon	Tue	Wed	Thu	Fri	Sat
<p>Bold items on calendar are new sessions beginning or special events.</p>	<p>Check out our website www.fairfaxva.gov Calendar subject to change updates will be posted on website and at senior center.</p>		<p><u>1 November-December Trips posted</u> 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 9:30am: Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am: German Conversation 11:30am: Easy Strength Training 1-3pm: Pickleball 1-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>2 New York City Trip departs 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:30am: Tai Chi: Adv./Beg 9:30am: BegBridgePlay/Pinochle 10am: GrandSlam/10:30am: BINGO 12noon: October Bdays/BP Cks. 12:30pm: Photo Contest Awards 1pm: Trip Committee Meeting 2:15pm: Stretch & Breathe – 5wk</p>	<p>3 3-8pm: Paddleboat on the Tidal Basin Adventure!</p>  <p>Personal Fitness Training Call for an appointment ½ hr session \$20 1 hr session \$40</p>
<p>5 New York City Trip returns 8 am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 9:30am: Beginner Bridge Play 10am: Mah Jongg / Grand Slam 10:30am: DAY AT THE RACES 12 noon: NOVA Neighbors Bridge 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga – 6 wks.</p>	<p>6 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 12pm: Dementia for Caregivers - 1 1pm: Current Events 1pm: 55+ Pickleball 1pm: Hospitality Committee Mtg. 2:20pm: Barre Basics – 6 wks 3/4pm: Beg/Int Pickleball Lessons</p>	<p>7 8am: Men's Coffee Group 8:30am: Seniorcise TRIP: Stratford Hall 10am: Pinochle 10am: MOVIE & POPCORN 12noon: Chess 1pm-3pm: Pickleball 2pm: Intro. to Digital Scanning 2pm: Learn Spanish</p>	<p>8 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 9:30am: Intro. to Digital Scanning 9:30am: Pinochle / 10am: Mah Jongg 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee Mtg. 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>9 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/Beg Bridge Play 10am: Grand Slam Bridge 10:30am: BUNCO 12noon: Bring Your Sandwich & Something to Share 1pm: Table Games / Walking 2:15pm: Stretch & Breathe</p>	<p>10 Fairfax  Festival 10am-5pm (Raindate: 10/11)</p>
<p>12 Columbus Day – OPEN! 8am: Men's Coffee Group 8:30am/12pm: Register Nov-Dec Trips 9:30 am: Contract/Duplicate Bridge 9:30am: Beginning Bridge class 9:30am: Beginner Bridge Play / Crafts 10am: Mah Jongg / Grand Slam Bridge 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga</p>	<p>13 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 12pm: Living w/ Dementia - 2 1pm: Current Events 1-3pm: Pickleball 2:20pm: Barre Basics 3/4pm: Beg/Int Pickleball Lessons</p>	<p>14 8am: Men's Coffee Group 8:30am: Seniorcise TRIP: Washington Monument 10am: Pinochle 12noon: Chess 1pm-3pm: Pickleball 2pm: Learn Spanish</p>	<p>15 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 9:30am: Pinochle / 10am: Mah Jongg 10:15am: Fairfax Antique Arts Assn. 10:30am: German Conversation 11:30am/11:45am: LUNCH BUNCH 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>16 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/Beg Bridge Play 10am: Grand Slam Bridge 10:30am: BINGO 12noon: BP Checks - Ask A Nurse 12noon: Bring Sandwich & to Share 1pm: Walking 2:15pm: Stretch & Breathe</p>	<p>17  Fitness Room Open Mon-Thur 8am-9pm, Fri 9am-5pm Sat & Sun 9am-2pm FREE for 55+ with card</p>
<p>19 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 9:30am: Beginner Bridge Play / class 10am: Mah Jongg/Crafts/GrandSlam 10:30am: DAY AT THE RACES 12 noon: NOVA Neighbors Bridge 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga</p>	<p>20 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 12pm: Dementia for Caregivers - 3 1pm: Current Events 1-3pm: Pickleball 2:20pm: Barre Basics 3pm: Senior Pickleball Lessons</p>	<p>21 8am: Men's Coffee Group 8:30am: Seniorcise TRIP: Graves Mountain Lodge 10am: Pinochle 12noon: Chess 1pm-3pm: Pickleball 2pm: Learn Spanish</p>	<p>22 8am: Men's Coffee Group 9:30am: Adv.Contract Bridge/Pinochle 10am: Fabric Fanatics / Mah Jongg 10:30am: German Conversation 11am: Shingles with Walgreen's Pharmacist 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>23 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Coupons For Military 9:30am: Pinochle/Beg Bridge Play 10am: Grand Slam Bridge/90s Club 10:30am: BUNCO 11am: Guest Speaker Eileen Wilkson: *Health Literacy* 2:15pm: Stretch & Breathe</p>	<p>24 9am-3pm: Sky Meadows State Park Hike & Picnic Adventure Trip</p>  <p>12:30-1:30pm: Exercise Equipment Orientation!</p>
<p>26 8 am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 9:30am: Beginner Bridge Play / class 10am: Mah Jongg/Crafts/GrandSlam 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga</p>	<p>27 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1-3pm: Pickleball 2pm: Senior Council Meeting 2:20pm: Barre Basics</p>	<p>28 8am: Men's Coffee Group 8:30am: Seniorcise TRIP: Haunted Tea Party at Strathmore 10am: Pinochle 12noon: Chess 1pm-3pm: Pickleball 2pm: Learn Spanish</p>	<p>29 8am: Men's Coffee Group 9:30am: Adv.Contract Bridge/Pinochle 10am: Fabric Fanatics / Mah Jongg 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit 3pm: Set-up for Halloween Party</p>	<p>30 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/Beg Bridge Play 10am: Grand Slam Bridge 11:30am: Halloween Pot Luck!</p>  <p>2:15pm: Stretch & Breathe</p>	<p>31 Happy Halloween!</p> <p>**** All Potluck Luncheons and Guest Speakers require advanced registration at the Front Desk or call (703) 273-6090</p>

CITY OF FAIRFAX SENIOR CENTER

November 2015

(703)273-6090

Mon	Tue	Wed	Thu	Fri	Sat
2 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 9:30am: Beginner Bridge Play / class 10am: Mah Jongg / Grand Slam 10:30am: DAY AT THE RACES 12 noon: NOVA Neighbors Bridge 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga	3 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 1pm: Hospitality Committee Mtg. 2:20pm: Barre Basics	4 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle <u>TRIP to be announced 10/1</u> 12noon: Chess 1pm-3pm: Pickleball 2pm: Learn Spanish	5 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 9:30am: Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am: German Conversation 11:30am: Easy Strength Training 1pm- 3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit – 6 wks. 3:30pm: Decorate Center for Thxgvg	6 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/Beg Bridge Play 10am: Grand Slam Bridge 10:30am: BINGO 12 noon: November Birthdays! 12noon: BP Checks-Ask A Nurse 1pm: Walk the Neighborhood 1pm: Trip Committee Meeting 2:15pm: Stretch & Breathe – 5 wk	7 Bold items on calendar are new sessions beginning or special events.
9 8am: Men's Coffee Group 9:30am: Crafts 9:30am: Beginning Bridge Play/ class 9:30am: Contract/Duplicate Bridge 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing – 8 wks. 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga	10 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball. 2:20pm: Barre Basics 3/4pm: Beg/Int Pickleball Lessons	11 Veterans Day - Center Closed 	12 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 9:30am: Pinochle / 10am: Mah Jongg 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee Mtg. 1pm-3 pm: Pickleball 1-4 pm: Millennium Art Guild 2:15pm: Sit & Get Fit	13 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/Beg Bridge Play 10am: Grand Slam Bridge 10:30am: BINGO 12noon: BP Checks - Ask A Nurse 12noon: Bring Sandwich & to Share 12:30pm: Table Games 1pm: Walk the Neighborhood 2:15pm: Stretch & Breathe	14 **** All Potluck Luncheons and Guest Speakers require advanced registration at the Front Desk or call (703) 273-6090
16 8am: Men's Coffee Group 9:30am: Beginning Bridge Play 9:30am: Contract/Duplicate Bridge 10am: Mah Jongg/Crafts/Grand Slam 10:30am: DAY AT THE RACES 10:30am: Line Dancing 12 noon: NOVA Neighbors Bridge 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga – 6 wks. 5pm: GrATTITUDE Journaling	17 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2pm: Learn Spanish! NEW – 10wk 3/4pm: Beg/Int Pickleball Lessons	18 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: MOVIES & POPCORN <u>TRIP to be announced 10/1</u> 12noon: Chess 1pm-3pm: Pickleball 2pm: Learn Spanish	19 8am: Men's Coffee Group 9:30 am – Adv. Contract Bridge 9:30am: Pinochle / 10am: Mah Jongg 10:15am: Fairfax Antique Arts Assn. 10:30am: German Conversation 11:30am/11:45am: LUNCH BUNCH 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit 3pm: Set-up for Thanksgiving Banquet	20 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Pinochle/Beg Bridge Play 9:30am: Coupons For Military 9:15am/10:15am: Tai Chi: Adv./Beg 10am: Grand Slam Bridge 10:30am: BUNCO 11:30am: Thanksgiving Banquet 1pm: Walking 2:15pm: Stretch & Breathe	21 HOLIDAY CRAFT SHOW Fairfax HS  10am-5pm; Sun 11/22: 10am-3pm
23 8am: Men's Coffee Group 9:30am: Beginning Bridge Play 9:30am: Contract/Duplicate Bridge 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga 5pm: GrATTITUDE Journaling <i>Monday Nov 30 see below on Dec</i>	24 8am - Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2pm: Senior Council Meeting 2:20pm: Barre Basics 3/4pm: Beg/Int Pickleball Lesson	25 8am: Men's Coffee Group 8:30am: Seniorcise <u>TRIP to be announced 10/1</u> 12noon: Chess 10am: Pinochle 1pm-3pm: Pickleball 2pm: Learn Spanish	26 Thanksgiving – Senior Center Closed 	27 Thanksgiving Holiday - Senior Center Closed 	28  Fitness Room Open Mon-Thur 8am-9pm, Fri 9am-5pm Sat & Sun 9am-2pm FREE for 55+ with card

CITY OF FAIRFAX SENIOR CENTER

December 2015

(703)273-6090

Mon	Tue	Wed	Thu	Fri	Sat
30 January-February Trips Posted 8am: Men's Coffee Group 9:30am: Beginning Bridge Play 9:30am: Contract/Duplicate Bridge 10am: Mah Jongg / Crafts/Grand Slam 10:30am: DAY AT THE RACES 10:30am: Line Dancing 11am: Feldendkrais class 12 noon: NOVA Neighbors Bridge 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga	1 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1-3pm: Pickleball 1pm: Hospitality Committee Mtg. 2:20pm: Barre Basics	2 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle TRIP to be announced 10/1 12noon: Chess 1pm-3pm: Pickleball 2pm: Learn Spanish 3:30pm: Decorate Center for the upcoming Holidays	3 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 9:30am: Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm- 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	4 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/Beg Bridge Play 10am: Grand Slam Bridge 10:30am: BINGO 12noon: December Birthdays! 12noon: BP Checks - Ask A Nurse 1pm: Walk the Neighborhood 2pm: Trip Committee Meeting 2:15pm: Stretch & Breathe	5 Check out our website www.fairfaxva.gov Calendar subject to change updates will be posted on website and at senior center. Festival of Lights and Carols
7 8am: Men's Coffee Group 9:30am: Beginning Bridge Play 9:30 am: Contract/Duplicate Bridge 9:30am: Crafts 10 :00am: Mah Jongg/Grand Slam 10:30am: Line Dancing 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga	8 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball / 3pm: Lessons 2p 2:20pm: Barre Basics	9 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: MOVIE & POPCORN TRIP to be announced 10/1 12noon: Chess 1-3pm: Pickleball 2pm: Learn Spanish	10 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 9:30am: Pinochle / 10am: Mah Jongg 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee Mtg. 1pm-3pm: Pickleball 1pm- 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	11 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/Beg Bridge Play 10am: Grand Slam Bridge 10:30am: BINGO 12noon: BP Checks - Ask A Nurse 12 noon: Bring Your Sandwich & Something to Share 1pm: Walking / 2:15pm: Stretch	12  Fitness Room Open Mon-Thur 8am-9pm, Fri 9am-5pm Sat & Sun 9am-2pm FREE for 55+ with card
14 8am: Men's Coffee Group 8:30am: Jan./Feb Trip Registration 9:30am: Beginning Bridge Play 9:30am: Contract/Duplicate Bridge 10am: Mah Jongg/Crafts/Grand Slam 10:30am: Line Dancing 10:30am: DAY AT THE RACES 12 noon: NOVA Neighbors Bridge 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga	15 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History 10am: Canasta 11:30am: Easy Strength Training 1pm: Current Events / Pickleball 2:20pm: Barre Basics	16 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle TRIP to be announced 10/1 12noon: Chess 1-3pm: Pickleball 2pm: Learn Spanish	17 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 9:30am: Pinochle / 10am: Mah Jongg 10:15 am: Fairfax Antique Arts Assn. 10:30am German Conversation 11:30/11:45am: LUNCH BUNCH 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm- 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	18 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/Beg Bridge Play 9:30am: Coupons For Military 10am Grand Slam Bridge 10:30am: BUNCO 11:30am: Christmas Holiday Pot Luck Party 1pm: Walking	19 **** All Potluck Luncheons and Guest Speakers require advanced registration at theFront Desk or call (703) 273-6090
21 8am: Men's Coffee Group 9:30am: Beginning Bridge Play 9:30am: Contract/Duplicate Bridge 10:30 am Line Dancing 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga	22 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1-3pm: Pickleball 2pm: Senior Council Meeting 2:20pm: Barre Basics	23 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle Closed at 12 Noon: Christmas Eve	24 Closed at Noon: Christmas Eve 	25 Holiday Center Closed 	26 Personal Fitness Training Tuesdays, 11am-12noon Wednesdays, 1pm-2pm Fees: ½ hr session \$20 1 hr session \$40 Call for an Appointment: 703-273-6090
28 8am: Men's Coffee Group 9:30am: Beginning Bridge Play 9:30am: Contract/Duplicate Bridge 10am: Mah Jongg / Crafts 10:30am: Line Dancing 12 noon: Chess 1pm-3pm: Pickleball	29 8 am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 1pm: Current Events 1pm-3pm: Pickleball	30 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 12noon: Chess 1-3pm: Pickleball	31 8am: Men's Coffee Group 9:30am: Pinochle / 10am: Mah Jongg 11:30am New Years Eve Pizza Party 1pm-3pm: Pickleball 1pm- 4pm: Millennium Art Guild	1 January 2016 New Year's Day!! Center Closed 	

Trips

**The City of Fairfax Senior Center
Young at Heart Trips
4401 Sideburn Road, Fairfax VA 22030**






All trips require reservations – first come, first serve. Payment is due at time of registration unless placed on a wait list. Trips depart from the Green Acres senior center. Please arrive 15-30 minutes before departure. \$5.00 fee added per trip for non-members (non-City of Fairfax, non-Fairfax county).

Registration Time - (for September and October Trip registrations)








Walk-In: AUGUST 17th, 2014 at 8:30 am

Online & Phone (with a credit card): AUGUST 17th, 2014 at 12 NOON







CALL: 703-273-6090

	Lunch on your own		Uneven Walking
	Mainly Walking/Standing	SG/GT	Self-Guided Tour/ Guided Tour
	Stairs Required		Weather Sensitive

SEPTEMBER TRIPS

  	National Museum of Crime & Punishment (Washington, DC) – Become a detective for the day! Come join this amazing experience where you'll learn rich history on the crime side of life. Get into groups and compete against each other in finding the missing gold and ruby medallion. There is a prize for those that can solve the case! Lunch on your own in DC. Wednesday, September 2, 2015 Leave: 10:00 am Approx. Return: 4:00 pm	\$39
  	Shenandoah Valley Apple Harvest Festival (Winchester, VA) – Join us for the 41 st Shenandoah Valley Apple Harvest Festival. Bingo, Antique Car Show, Apple Butter Making demonstration and sales, Continuous Live Entertainment featuring Fleming, Fleming & Peterson local acoustic trio. Shop our FARM TO TABLE area for LOCAL organic, farm fresh veggies, fruits, eggs, cheeses and grass-fed and pastured meats from our collection of featured local farmers. Lunch on your own. Saturday, September 19, 2015 Leave: 8:30 am Approx. Return: 5:00 pm	\$29
	Lewes DE – See flyer at front desk for information on this trip. Charter bus motor coach transportation* Thursday, September 24, 2015 Depart: 8:00 am Approx. Return: 7:00 pm	\$80
	Arena Stage: <i>Destiny of Desire</i> (Washington, DC) - On a stormy night in Bellarica, Mexico, two baby girls are born — one into a life of privilege and one into a life of poverty. When the newborns are swapped by a former beauty queen with an insatiable lust for power, the stage is set for two outrageous misfortunes to grow into one remarkable destiny. Lunch on your own. Wednesday, September 30, 2015 Depart: 11:00 am Approx. Return: 4:00 pm	\$68

OCTOBER TRIPS

 GT	Stratford Hall Plantation (Montross, VA) - Stratford Hall Plantation in Westmoreland County, Virginia, was the home of four generations of the Lee family of Virginia, including two signers of the Declaration of Independence, and it was the birthplace of Robert Edward Lee (1807–70), who commanded the Confederate Army of Northern Virginia during the American Civil War, and then became the president of Washington College, which later became Washington and Lee University. Buffet included. Wednesday, October 7, 2015 Depart: 9:00 am Approx. Return: 5:00 pm	\$74
  	Washington Monument & Air Force Memorial (Washington, DC) - First we will take a visit to the Washington Monument followed by The Air Force Memorial. Since its formal dedication on October 14, 2006, the Memorial has been a place of pride and honor for all the men and women who served and continue to serve the United States Air Force and its heritage organizations. Lunch own your own in Shirlington. Wednesday, October 14, 2015 Depart: 11:15 am Approx. Return: 4:30 pm	\$20
 	Graves Mountain Lodge (Syria, VA) – Back by popular enjoyment! This lodge has beautiful views of the Blue Ridge Mountains as they change over to their breathtaking striking Fall colors. We'll eat a family style fried chicken lunch and then head to the farm where Mr. Graves will talk about the history of the Graves' Family, the Lodge, and the Orchard. Last, we'll travel to the packing shed for apple purchases – bring some money! Lunch included at Lodge. Wednesday, October 21, 2015 Depart: 9:30 am Approx. Return: 5:30 pm	\$42
	Haunted Tea Party at Strathmore (North Bethesda, MD) - This Halloween season, join Strathmore for this annual murder-mystery tea...it will be a scream! Lunch included in the price. Wednesday, October 28, 2015 Depart: 12:15 pm Approx. Return: 3:30 pm	\$50

Senior Classes

Activity	Day(s) and Time(s)	Fee(s)
Beginner Bridge Classes	Mon, 9:30am-11:30am	9/28-11/9 (no 10/5). FREE with registration.
Line Dancing	Mon, 10:30am-11:30am	9/14-11/2 = \$47; 11/9-12/28 = \$47; \$8/class.
Chair Yoga	Mon, 2:15pm-3:15pm	9/21 = 45; 10/5-11/9; 11/16-12/21 = \$31/session; \$8/class.
Seniorcise	Tue/Wed/Fri, 8:30am-9:30am	9/8-10/30; 11/3-12/30 (no class 11/11, 11/27, 12/25) \$73/session; \$141 All; \$8/class.
AARP Smart Driver Class	Tues & Wed, 10am – 3pm	Sept 8 & 9; Register & pay ck.: <i>AARP</i>
Easy Strength Training	Tues, 11:30am-12:30pm	9/8-10/27; 11/3-12/22 = \$30/session; \$8/class.
Living with Dementia for Families and Caregivers	Tues, 12 noon – 1 pm	10/6, 13, 20. FREE with registration.
Beginner Pickleball Lessons	Tues, 3:00pm-4:00 pm	9/8-29 (no 9/22); 10/6-20; 11/10-24 = \$20/3-wk session.
Intermediate Pickleball: Skills, Drills and Strategies	Tues, 4:00pm-5:00 pm	9/8-29 (no 9/22); 10/6-20; 11/10-24 = \$20/3-wk session.
Basic Barre for Seniors	Tues, 2:20pm-3:15pm	10/6-11/10; 11/17-12/22 = \$32/session; \$8/class.
Adventures to Learn Spanish: Mi chu chu tren	Wed, 2:00pm-3:00pm	9/9-10/21 = \$95. 10/28-12/16 (no 11/11) = \$95.
Introduction to Digital Scanning	Wed, 10/7: 2:00pm-4:00pm Or Fri 10/9: 9:30am-11:30am	FREE with registration.
Easy Strength Training	Thurs, 11:30am-12:30pm	9/10-10/29 = \$30; 11/5-12/17 (no 11/26) = \$31; \$8/class.
Sit & Get Fit	Thurs, 2:15pm-3:15 pm	9/24-10/29 = \$32; 10/2-30 = \$25; 11/6-12/18 (no 11/27) = \$30; \$8/class.
Tai Chi Chuan	Fri, Beg: 10:15am-11:15am; Fri, Adv: 9:15am-10:15am	9/11-11/13 (no 9/25, 10/16); 12/4-2/5/16 (no class 12/25, 1/1) = \$46/session; \$8/class.
Blood Pressure Screenings and “Ask a Nurse”	Fri, 12 noon – 1pm	After Bingo: 9/11 & 25, 10/2 & 16, 11/6 & 20, 12/4 & 11.
Stretch & Breathe	Fri, 2:15pm-3:15pm	10/2-30; 11/6-12/11 (no 11/27) = \$25.

Adult Classes at Green Acres Center

no classes on City holidays

Activity	Day(s) and Time(s)	Fee(s)
Personal Fitness Training	Call for Appt.: 703-638-0172	½ hour = \$20; 1 hour = \$40.
Ukulele I Lessons	Mon, 6:00pm-7:00pm	9/14-11/2; 11/9-12/28 = \$65/session.
Qi-Gong for Health	Mon, 5:45pm-6:45pm	10/26-12/14= \$55.
Sin Moo Hapkido Martial Arts	Mon and Wed, 6:30pm-8:00pm	9/2-10/28; 11/2-12/30 (no 11/11, 11/25) = \$76/session.
Clock Repair Workshop	Mon and Wed, 6:30pm-9:30pm	9/9-12/21 (no 11/11, 25) = \$211.
B-Fit	Tues/Thurs/Fri, 9:30am-10:30am	9/8-10/30; 11/3-12/30 (no class 11/26, 27, 12/25) = \$96/session; \$8/class.
Morning Pilates	Tues/Wed/Fri, 10:30am-11:30am	9/8-10/30; 11/3-12/30 (no 11/11, 27) = \$56/day/session; \$8/class.
Yoga for Beginners	Fri, 2:00pm-3:00pm	10/2-12/4 (no 11/27) = \$61; \$8/class.
Irish Social Dance	Tues, 7:15pm-8:45pm	9/1-29; 10/6-11/3; 11/10-12/8 = \$35.
PM Pilates	Tues or Thurs, 7:45pm-8:45pm	9/8-11/5; 11/3-12/22 (no 11/26) = \$60-\$42/day/session; \$116-\$94 all.
Cardio Strength Training	Wed, 9:30am-10:30am	9/9-10/28; 11/4-12/30 = \$56/session; \$8/class.
Zumba Fitness	Wed, 11:30am-12:30pm	9/9-10/28; 11/4-12/30 (no 11/11) = \$61/session; \$8/class.
Clogging I	Thurs, 8:00pm-9:00pm	9/3-11/5 = \$75.
Meditation	Wed, 7:00pm-8:00pm	10/7-12/9 (no 11/11, 25) = \$75; \$12 drop-in
Open Pickleball Play	Wed, 7:30pm-9:30pm	9/9-12/30 (no 11/11 & 25) = \$90/15 sessions; \$8/evening.
Yoga	Thurs, 10:30am-11:30am	9/10-10/29 = \$56; 11/5-12/24 (no 11/26) = \$49; \$8/class.
Aerobic Dancing by Jacki Sorensen	Mon, Tues, Thurs, 6:30pm–7:30pm	9/8-12/17 = \$96 for any classes; multiple passes purchased at \$6/class; \$8 drop-in.
GrATTITUDE Journaling: Personal & Multi-generational	Mon, 6:30pm-9:30pm	11/16 & 23: \$20/session, or \$30 for both.
Basic Dog Obedience (6+ months)	Sun, 1:30pm-2:30pm	9/27-11/1; 11/8-12/13 = \$180/session.

“Your Way” Fitness Plan

Sept. 8 – Dec. 30 (no class 11/11, 26, 27, & 12/25): \$205 – Choose the Classes to Fit Your Schedule!

<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9:30am – B-Fit	9:30am – Cardio Strength	9:30am – B-Fit + Zumba Tone	9:30am – B-Fit
10:30am – Pilates	10:30am – Pilates	10:30am – Yoga	10:30am – Pilates
	11:30am - Zumba		

Upcoming Events

Mon, August 17: 8:30am	Onsite Trip Registration: September and October 2015 Trips
Fri, September 4: 11:30am	Labor Day Cook-out Picnic and Birthday Celebration!
Mon, September 7	Center Closed: Labor Day Holiday
September 8/9: 10am – 3pm	AARP Smart Driver Program – Pre-registration required
September 12 - 23	Northern Virginia Senior Olympics throughout region
Fri, September 18: 10am	NVSO: Bocce and Horseshoes hosted at Green Acres
Wed, September 23, Noon	Fall Prevention Awareness Day!
Thurs, September 24: 11:30am	Bocce Awards Party and last tournament game
Fri, September 25: 9am-2pm	Health Day! Lion's Club Sight and Hearing Van at Green Acres
Noon	Walgreen's Flu Shots
Noon	Salad Luncheon – sign up to bring toppings and sides!
5:00pm	Ask a Nurse & Blood Pressure Checks
	Senior Center Photo Contest: ENTRIES DUE!
Fri, October 2: Noon	October Birthday Celebration!
12:30pm	Photo Contest: Presentation of Winners!
Tues, October 6, 13, 20: Noon	Living with Families and Caregivers with Dementia: A 3-Part Series for Families and Caregivers
Mon, October 12: 8:30am	Onsite Trip Registration: November and December 2015 Trips
Fri, October 23: 11am	Speaker: Eileen Wilkinson on Health Literacy
Sat, October 24: 12:30pm	Exercise Equipment Workshop: Fitness Room Orientation
Fri, October 30: 11:30am	Halloween Pot Luck Party
Fri, November 6: Noon	November Birthday Celebration!
Wed, November 11	Center Closed: Veterans Day Holiday
Fri, November 20: 11:30am	Thanksgiving Banquet
Thurs-Fri, November 26-27	Center Closed: Thanksgiving Holiday
Fri, December 4: Noon	December Birthday Celebration!
Fri, December 18: 11:30am	Christmas Holiday Pot Luck Party
Fri, December 25	Center Closed: Christmas Holiday
Thurs, December 31: 11:30am	New Year's Eve Pizza Party
Fri, January 1	Center Closed: New Year's Day
<u>Save the dates for the 2016 Senior Fund Raisers:</u>	
Sat, February 27, 2016	Flea Market at Green Acres Center: items accepted beginning Jan. 4, 2016
Sat, March 19, 2016	Appraisal Event at Stacey C. Sherwood Community Center

Volunteers WELCOME to Help with FUNdraisers!

Senior Happenings

APPRAISAL EVENT

The **6th Annual Antiques & Trinkets Appraisal Show** sponsored by the City of Fairfax Young at Heart Senior Center will be held on **Saturday, March 19, 2016 – 10:00 am – 12:30 pm** at the Stacey C. Sherwood Community Center, 3720 Old Lee Highway, Fairfax. Verbal appraisals are by Linda Goldstein, Seymour Lazerowitz, Norma Newsome, Quinns Auction House, Joe Jabbour and T.J. Shay. Items that can be appraised include small furniture, jewelry, antiques, coins, and clocks. Watch for a flyer after January 1st for fees.

8th Annual Young at Hearts Photo Contest

Photographs must be taken between January 1st and September 25th, 2015

Categories:

- Friends and Family
- Nature
- Travel
- Around Our City

An Application with Rules is available at Green Acres Center's Front Desk.

Prizes will be awarded for each category on Friday, October 2nd at 12:30pm.

Winning entries will be limited to two per person.

The actual prizes will be determined prior to the completion of the contest and may include publication in either a Senior Center or other City of Fairfax publication.

Rules:

- Contest is open to seniors 55 years or older.
- Picture must have been taken between January 1, 2015 and September 25, 2015.
- Each entry must be a 4 x 6 inch glossy print.
- Each entry must be accompanied by an entry form.
- The entry must be submitted by the owner of the photograph.

All entries must be submitted to the Senior Center Staff no later than Friday, September 25, 2015

New Look for our Senior Center

After months of preparation and research, we have made decorative updates to the look of our main Senior Center room with new color and furniture! During June, the new furniture arrived. It was purchased with City of Fairfax FY2015 budget monies and some help from the Young at Heart funds.

Special thanks to Jane Albrow for heading up this committee and sharing her expertise.

Senior Spotlight

Duane Perry



In this fall edition Newsletter, we would like to highlight **Duane Perry** in our Senior Spotlight. Duane Perry is an active member here at Green Acres Senior Center. He spends a lot of his time volunteering, smiling, and helping out around the center. Not only is he a Senior Council member here at Green Acres, but Duane also helps out with BINGO, making all the prize purchases and ensuring everything runs smoothly for everyone to enjoy.

Duane has spent most of his life in Falls Church, Virginia. Growing up he attended and graduated from *Falls Church High School*. He is the oldest of three children, with one brother, and a sister who's exactly one year and six months younger than him.

Throughout Duane's life, he's held many positions and professions. As a father of two, Duane worked construction for some time and held the position of Union Electrician for forty years. Duane said his most enjoyable work came post-retirement as a school bus driver for 12 years. He explained that he "enjoyed the kids and driving the students for *Daniels Run* and *Providence Elementary*" schools.

Duane is a hard-to-miss character here at Green Acres. If you can't spot him playing one of his favorite games: *Bridge*, *Mah Jongg*, or *Pinochle*, then look for the man with the blue jeans and snazzy cowboy boots. He has over 8 pairs and notes that his absolute favorites are the Anaconda skins! When asked what's currently his most enjoyable pastime, he quickly responded, "spending Saturdays at the *Issac Walton League*." There he goes to Shoot Skeet & Trap, and was even a former member of the *Issac Walton League Team*. He says it reminds him of when he was growing up and would go out hunting every Saturday to shoot game.

In conclusion, the staff at Green Acres would like to thank Duane Perry for all the extraordinary effort he puts in as a caring Senior Council member and for his stylish pizzazz, but also his intangible impact of creating a fun atmosphere for members and staff to enjoy.

Senior Center Advisory Council

The Senior Center Advisory Council's membership is composed of volunteers who have varied areas of interest and involvement in programs and activities at the Senior Center and within the City of Fairfax.

Currently we are accepting names and applications for potential council members to sit on our eleven member Senior Center Advisory Council for a new 2-year term beginning in September. If you are interested in becoming a part of this dynamic group, please call 703-273-6090 to express your interest, or sign up at the Green Acres Center's Front Desk.

Senior Council Meetings are held the 4th Tuesday monthly at Green Acres Center.
Deadline for submission will be August 14, 2015.

Election for new officers will be held on August 25 2015.

New Council members will take office in September 2015.

The staff look forward to seeing you soon you!



Congratulations!

The City of Fairfax Parks and Recreation Department and the Independence Day Celebration Committee, congratulated the YAH group for winning honorable mention in the marching unit adult category at the City of Fairfax Independence Day Celebration Parade.

Thanks to all those that participated in the 4th of July parade!



Young at Heart Senior Center
4401 Sideburn Road
Fairfax, VA 22030

Join us at the Senior Center

Learn something new and have some fun!

Call the center for details

703 273 6090

AMERICANS WITH DISABILITIES ACT

The City of Fairfax is committed to making reasonable accommodations as required by the Americans with Disabilities Act. To request a reasonable accommodation for any type of disability, call 703.385.7858